



Starting out in Toulouse just ahead of the rain



A lot of churches on this trip



Some public art in Toulouse

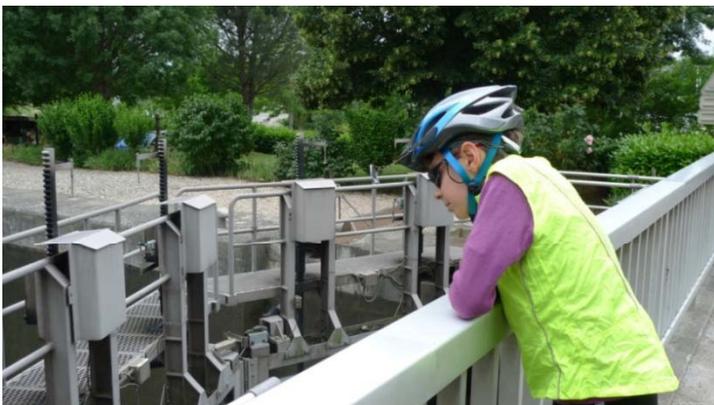
We rode north and east of Toulouse after last year's cold and wet trip to Switzerland. Unfortunately, the weather went from a rainy low of 45 to a parched high of 97 degrees, with only two really pleasant days of riding in between. The fortified city of Carcassone was fabulous, the Musee Toulouse-Lautrec in Albi was very nice, and the many ornamented church interiors were lovely. But the best of our 480 miles of riding was along the Lot river. Our legs were "fried" from all of the tough climbing and long days in the first part of the trip, so we were thankful for the flat Canal Lateral a la Garonne into Toulouse.



Navigating along the Canal du Midi between Toulouse and Carcassone



Dominick on gate duty along the canal



The many locks never ceased to amaze



Taking a break out of the rain



Lunch break ends with a juicy peach



No guardrails along the ramparts, then or now



Susan is a rose is a rose



Nice window view



Campground security



Knock, knock. Who's there?



The double-walled city of Carcassonne lived up to every expectation that we had – including the lunch of duck confit cassoulet



Lastours on a beautiful day, then a 20 mile climb and rain



Enjoying one of the four fortifications at Lastours



Dominick among the ruins



Lunch on the lee side of a windbreak



Tired from a long, cold & wet ride, but satisfied after a heavenly dinner of confit du canard (duck)



Picking cherries in Mazamet



A brief lull in a long day of cold rain



A col (pass) at 802 meters



The French share the road



Dominick is ready to captain the bike



Reconstructed arches and reflecting pool in Albi



Musee Toulouse-Lautrec in Albi



Waterfront fortification in Albi



Are we a good-looking family, or what?



Nice riverfront façade along the Agout River in Castres



On the 14<sup>th</sup> Century Pont Valentre at Cahors over the Lot River



Poppies are the best



Cool stair up to the battlements on the Pont Valentre



Road tunnel along the Lot River



Dominick kept Susan supplied with wild flowers



Part of Cathedrale Ste-Cecile ceiling in Albi



Fixing our first flat tire in years



The sun finally came out when we crossed into the Lot River valley and rode into the town of Cajarc



One of many nice campgrounds



We work hard to look this neat on tour



Flowering succulent plant



The brain-trust





Reading some of the 11 books we carried with us

Thank goodness the weather warmed up and we hit a few swimming pools



One of France's nuclear power plants



Susan makes 49 look pretty good



Hot and tired and a bit lost



The cloister at Eglise St-Pierre in Moissac



On a canal bridge over a river



Reflections on our trip at the Museum d'Histoire Naturelle